

What are healthy or unhealthy ways to cope with stress?

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- What are some of the healthy and unhealthy ways you deal with stress?
- In your opinion what are the biggest stressors newcomers face when settling in a new country? What advice can you give to others to help manage and reduce this stress?

Reading

Directions: Read the following passage carefully.

Why did I choose this topic to write about from among many of them? I asked myself. The reason is that even though I learned about healthy ways to cope with stress in university, I currently struggle with stress in unhealthy ways which is my defense mechanism. However, I remember to overcome stress with satisfying results when I take whatever action is required to deal with the specific stress triggers. Such as, I prepared for an important exam by studying in advance. In my perspective, I would like to share the healthy ways I deal with stress.

First, what are the unhealthy ways to cope with stress? When we are under a lot of stress, we might eat a lot or otherwise skip meals. Another person may drink for several nights at a time or spend a whole day in front of the TV. It all boils down to avoidance of the stressful situation which prevents us from relieving the stress. Even if avoidance gives us a moment's pleasure, we will have to eventually deal with the bigger anxieties. In the end, the stress that could have potentially been solved with a minimal effort is prolonged with worries built up inside. Sometimes, serious avoidance leads to addiction and other stress.

So, what are some healthy ways to deal with stress? The answer is very simple and clear. Face the stress. We should not run away from any stressor but take enough time for deep insight and reflection to figure out what is causing the stress, and then confront it to overcome it. Meditation, yoga, and relaxation exercise clears our mind and can provide insight to a stressor. If the stressor is a "person", we should solve it through conversation as much as possible, rather than avoiding the person. What if you are stressed by sudden weight gain? It's simple. Do not hesitate to confront your body and see the results of overeating. Only you can stop from getting stressed out.

I would like to end my story with an example that crossed my mind as a healthy way to deal with stress. It is the story of the ant and the grasshopper that everyone should read at least once. The grasshopper heard from the ant that the cold winter was coming, and he knew he had to work hard to prepare for winter like the ant does. Nevertheless, the grasshopper

avoided the situation by just goofing around and having fun without facing the problem and suffered a cold winter. On the other hand, the wise ant had a warm winter because he was prepared and completely adept at how to face the stress of winter without avoiding it. If the grasshopper had not avoided the reality, he could have spent the whole winter warm. Like the ant we need to face our stressors and create strategies to deal with them.

Comprehension Questions

Directions: Read the following questions and answer each to the best of your ability.

1. According to the author, what are some unhealthy ways people deal with stress?
2. What advice does the author share on how to reduce stress?
3. In your own words, retell the story of "The Ant and the Grasshopper".

Focus on Grammar

Directions: Fill in the blanks below, just as in the models.

uncertain		
unclear	un + clear	The goal of your plan is unclear.
unavailable		
unfriendly		
unlock		
unknown	un + known	The origin of the universe is still unknown.
unheard		
unprepared		
unsolved		

Directions: Identify the **adjectives** that are used in the sentence(s) below. Highlight the adjectives in each sentence.

1. The reason is that even though I learned about healthy ways to cope with stress in university, I currently struggle with stress in unhealthy ways which is my defense mechanism.
2. If the grasshopper had not avoided the reality, he could have spent the whole winter warm.
3. First, what are the unhealthy ways to cope with stress?
4. I prepared for an important exam by studying in advance.
5. The answer is very simple and clear.
6. Sometimes, serious avoidance leads to addiction and other stress.
7. We should not run away from any stressor but take enough time for deep insight and reflection to figure out what is causing the stress, and then confront it to overcome it.
8. In the end, the stress that could have potentially been solved with a minimal effort is prolonged with worries built up inside.
9. The grasshopper heard from the ant that the cold winter was coming, and he knew he had to work hard to prepare for winter like the ant does.
10. On the other hand, the wise ant had a warm winter because he was prepared and completely adept at how to face the stress of winter without avoiding it

Fill in the blank

Directions: Use the word bank to identify the word that best completes the sentence.

1. Being _____ at his job gives him headaches.
2. The vacation was so much fun that they _____ their departure for another week.
3. You must _____ with many new problems when you move to a new country.
4. He jumped to the side to _____ stepping in the puddle.
5. I ate the vegetables _____ I didn't like them.
6. The teacher gave _____ instructions.
7. I ate too much so I will _____ dessert.
8. What _____ do you want to read about?
9. He _____ how to use his new phone.
10. He has a good _____ on what we should do.
11. He _____ over the holidays and gained weight.
12. They _____ criminals by putting them in jail.
13. It is difficult to _____ a lot of crying children.
14. I took an aspirin to _____ my headache.
15. We _____ that the following regulations be adopted.
16. Money and prestige are nice but it all _____ whether or not you are happy.
17. The locked door _____ her from going in.
18. His mother understands business and has a lot of _____ into the economy.
19. I _____ leave at 4 o'clock or I will be late.

figure out
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Matching

Directions: Write the letter of word that matches the definition on the line.

1. _____ Succeed despite difficulties.
2. _____ Put pressure on something; cause tension.
3. _____ To make last a long time.
4. _____ Solve or accept a problem or difficulty.
5. _____ Stay away from.
6. _____ Despite
7. _____ Clearly defined.
8. _____ To pass over something.
9. _____ Subject; theme; a category or general area of interest
10. _____ Find the answer to or solve a problem.
11. _____ Opinions and way of seeing things.
12. _____ To eat too much.
13. _____ To take action on or be concerned with.
14. _____ Cope with, manage, handle
15. _____ To lessen pain, fear or discomfort.
16. _____ To demand, to need, to call for
17. _____ The most important, essential point.
18. _____ Stop something from happening.
19. _____ Deep understanding.
20. _____ Required to do something. must.

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Write your own sentences

Directions: Write an original sentence using each of the words below.

figure out	have to	boils down to	deal with	insight	perspective
overcome	overeat	prolonged	cope	avoid	require
skip	prevent	relieve	topic	even though	deal with
stressed	specific				

1.

2.

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Extension Activity

Visit the Canadian Mental Health Association's page on stress, and summarize the main points: <https://ontario.cmha.ca/documents/stress/>